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Obesity: Beyond Weight Loss to Comprehensive Disease Management

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Obesity is a major challenge that is associated with multiple diseases worldwide. It was considered a lifestyle or weight issue primarily, but now it is not considered a simple condition; it is a serious life-threatening issue that increases the risk of various serious diseases like hypertension, type 2 diabetes, and different cancers. According to a previous analysis published in *Lancet*, more than one billion people were living with obesity in 2022 [1].

Although obesity is observed as an increase in weight, it is strongly linked to biological, environmental, and genetic factors. Obesity is not only an increase of fat inside the body, but it also affects various organs in the body. BMI is commonly used as a primary indicator to observe obesity, but it is not sufficient to detect the etiology and exact obesity level, whereas waist circumference, waist height ratio, metabolic lab tests, thyroid tests, body fat percentage, and clinical examination are also important [2, 3]. As per previous studies, reduction in body weight is associated with the improvement of various symptoms related to metabolic disorders [4].

Obesity control is not only about reducing meals but requires a proper diet plan that meets various nutritional need is essential. Only calorie restriction to control obesity is not enough; current research shows that regular physical exercise, balanced nutrition, proper sleep, and reduced psychological stress play a key role in obesity management [5].

Treatment is not just about a decrease in the number on the scale but increasing the quality of life and controlling the diseases through lifestyle modification. At the public health level, it is not only the responsibility of an individual person, but we need proper policies to support this aim, like obesity control programs, obesity management strategies, and Say No to obesity campaigns. To establish obesity control centers or to train the primary health providers at the small population unit level is a vital need at this time. Obesity is not only a problem of a single person; it is an issue of the whole community [6].

Meanwhile, advanced research on obesity is strongly encouraged to achieve the precise management of obesity. Incorporating obesity awareness and its management in the curriculum for each level of studies is essential to educate the students about this disease. Whereas the traditional old curriculum does not adequately present obesity as a serious disease. A proper health promotion about obesity control awareness is also required at the workplace and community levels. Organizations should support their employees with effective obesity control strategies by providing or designing a proper management plan.

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